



## **Sweetwater City School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Sweetwater City School System.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Sweetwater City School System that includes:

- School Health Advisory Committee
- Four Healthy School Teams
- School Health Policies strengthened or approved include the wellness policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$92,885.00.

Community partnerships have been formed to address school health issues. Current partners include:

- Monroe County Health Council
- Monroe County Drug and Alcohol Task Force
- Monroe County Teen Pregnancy Task Force
- East Tennessee Regional Health Council
- UT Extension
- Cherokee Health Systems
- TNCEP
- Kiwanis Club
- Registered Dietitian

### **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities that include Health Advisory Council Meetings, and "Tasty Tuesdays." Currently, three parents are collaborating with CSH.

Students have been engaged in CSH activities such as Health Advisory Council Meetings, Mile Runs, and "Tasty Tuesdays." Approximately two students per year are partnering with CSH to address school health issues.

### **School Health Interventions**

Since CSH has been active in the Sweetwater City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – for BMI and blood pressure screenings, there were 737 students screened, and of those 359 were referred;

Students have been seen by a school nurse and returned to class – according to the data from the 2007-2008, 2008-2009, 2009-2010 school years, 4,947 students visited the school nurse. Of those numbers, 4,078 were able to return to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. This year, 2% of the students screened were underweight, 52% were at a normal BMI, and 46% were overweight or obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include HOPSports System, walking trail at the primary school and Michigan Model curriculum;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include attendance and membership to TAHPERD and TASN;

School faculty and staff have received support for their own well-being through “Did You Know?”, flyers distributed in staff restrooms, staff newsletters, staff fitness programs/classes, and health screenings in years past.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Nutrition Nuggets flyers, Teen Food and Fitness flyers;
- Physical Education/Physical Activity Interventions – purchased physical education equipment;
- Nutrition Interventions – partnering with a local dietitian, Tasty Tuesdays, and Working on Implementing the Go, Slow, Whoa! program;
- Mental Health/Behavioral Health Interventions – hiring a school-based therapist.

In such a short time, CSH in the Sweetwater City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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